Making yoghurt at home

Yoghurt is enjoyed because of it‘s has a pleasant taste and nutritional value. It also does not spoil easily, can last for up to 3 days without being refrigerated. Yoghurt fetches more money than fresh milk.

To make good quality yoghurt select raw fresh milk, dirt free, smells nice, no additives and is from a healthy cow.

Preparation

Utensils needed include, two stainless steel containers both large and small, sieve, thermometer, jug, weighing scale and a stirrer. Yoghurt is made using yoghurt culture which can be found in local agro-vet shops or natural yoghurt. While preparing yoghurt one must work in clean area using clean utensils, clothes and hands. To ensure the milk can be used to make yoghurt, take a tablespoon of milk, heat until it is boiled. If milk clots, it should not be used to make yoghurt.

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Sieve the milk into the small aluminium container to remove dirt, hair, sand or insects. Sterilize the milk for thirty minutes in a water bath at 90 degrees. To prevent the milk from burning and having an unpleasant smell. To make yoghurt thicker and sweeter add corn starch, sugar and natural flavours. Mix in a jug and pour some milk to it once dissolved, sieve the mixture back to the milk and stir. Return it to the water bath to continue boiling.

Cool the milk a larger container with cold water to avoid contamination, for ideal working conditions of the yoghurt culture. Leave the yoghurt undisturbed for 6-9 hours for the culture to work. In an insulated basket or fireless cooker.

Put the yoghurt in a refrigerator for 8-12 hours so that it sets.

Keep stirring the yoghurt for good consistency and store in containers as desired.